

**WHAT IS CLAIMED IS:**

- 1           1. A metal framing member comprising:  
2           a formed metal sheet including a plurality of expanded web slots in a region of the  
3           formed sheet metal.
- 1           2. The member of claim 1, wherein the expanded web slots include voids and metal  
2           web elements in the region of the framing member.
- 1           3. The member of claim 1, wherein the formed metal sheet includes a web region and  
2           a first flange extending from the web region.
- 1           4. The member of claim 3, wherein the formed metal sheet further includes a second  
2           flange extending from the web region in a direction substantially parallel to the first flange.
- 1           5. The member of claim 3, wherein the web region includes the expanded web slots.
- 1           6. The member of claim 3, wherein the first flange includes the expanded web slots.
- 1           7. The member of claim 3, wherein each of the web region and the first flange  
2           includes the expanded web slots.
- 1           8. The member of claim 5, wherein each of the web region, the first flange and the  
2           second flange includes the expanded web slots.
- 1           9. The member of claim 4, wherein the formed metal sheet further includes a closing  
2           region extending the first flange to the second flange to form a substantially tubular structure.
- 1           10. The member of claim 9, wherein each of the web region, the first flange, the  
2           second flange and the closing region includes the expanded web slots.
- 1           11. The member of claim 1, wherein each web slot extends along a portion of a  
2           length of the member.

1           12. The member of claim 1, wherein the plurality of web slots is arranged in offset  
2 columns substantially parallel to a length of the member.

1           13. The member of claim 1, wherein the plurality of web slots form three or more  
2 columns of slots along the length of the member.

1           14. The member of claim 13, wherein the plurality of web slots form five or more  
2 columns of slots along the length of the member.

1           15. The member of claim 2, further comprising reinforcements in the web elements.

1           16. The member of claim 15, wherein the reinforcements include flanges or darts.

1           17. A preexpanded metal framing member comprising:  
2 a formed metal sheet having a length and including a web region and two flanges,  
3 each flange extending from the web region, and  
4 a plurality of web slots extending along a portion of the length in the web region or at  
5 least one of the flanges.

1           18. The member of claim 17, wherein the flanges extend from the web region in a  
2 direction substantially parallel relationship.

1           19. The member of claim 17, wherein the web region includes the web slots.

1           20. The member of claim 17, wherein each flange includes the web slots.

1           21. The member of claim 17, wherein each of the web region and the flanges  
2 includes the web slots.

1           22. The member of claim 17, wherein the formed metal sheet further includes a  
2 closing region extending between the flanges to form a substantially tubular structure.

1           23. The member of claim 22, wherein each of the web region, the first flange, the  
2 second flange and the closing region includes the expanded web slots.

1           24. The member of claim 17, wherein the plurality of web slots is arranged in offset  
2 columns substantially parallel to a length of the member.

1           25. The member of claim 17, wherein the plurality of web slots form three or more  
2 columns of slots along the length of the member.

1           26. The member of claim 25, wherein the plurality of web slots form five or more  
2 columns of slots along the length of the member.

1           27. A method of manufacturing a framing member comprising:  
2 providing a formed metal sheet having a length and a web region; and  
3 placing a plurality of slots along a portion of the length in the web region.

1           28. The method of claim 27, wherein providing the formed metal sheet includes roll  
2 forming a metal sheet.

1           29. The method of claim 27, wherein placing the plurality of slots includes piercing  
2 slots into the region.

1           30. The method of claim 27, wherein placing the plurality of slots includes stamping  
2 the slots into the region.

1           31. The method of claim 27, further comprising expanding the slots of the web  
2 region to form expanded slots having a web element and a web void.

1           32. The method of claim 31, wherein expanding the slots includes passing the formed  
2 metal sheet over a tapered block.

1           33. The method of claim 31, wherein expanding the slots includes mechanically  
2 moving sides of the region apart.

1           34. The method of claim 31, further comprising reinforcing the expanded formed  
2 metal sheet.

1           35. The method of claim 34, wherein reinforcing includes placing a flange or dart in  
2 the web element.

1           36. The method of claim 27, wherein the formed metal sheet includes a first flange  
2 extending from the web region and a second flange extending from the web region in a  
3 direction substantially parallel to the first flange.

1           37. The method of claim 27, further comprising placing a plurality of slots along a  
2 portion of the length in each of the first flange and the second flange.

1           38. The method of claim 37, further comprising expanding the slots of the first flange  
2 and the second flange.

1           39. The method of claim 36, wherein the formed metal sheet further includes a  
2 closing region extending the first flange to the second flange to form a substantially tubular  
3 structure.

1           40. The method of claim 27, wherein placing the plurality of slots includes arranging  
2 the slots in offset columns substantially parallel to a length of the member.

1           41. The method of claim 31, further comprising heat treating the member after  
2 expanding the slots.

1           42. A method of building a structure comprising:  
2 placing an expanded framing member in a portion of the structure, the expanded

3 framing structure including a plurality of expanded web slots forming a plurality of voids in a  
4 region of the framing member.

1 43. The method of claim 42, further comprising installing wiring, plumbing or a  
2 heating duct through at least one void of the member.